

**ABSTRACT**

Method and apparatus that compensates for overestimation of channel SINR due to overfitting of an adaptive equalizer to the pilot portion of a received frame. The SINR of a wireless channel is estimated by adapting an adaptive equalizer using the pilot portion of the frame, applying the adaptive equalizer to a non-pilot portion of the frame, determining a parameter using the adaptive equalizer output, and estimating the SINR of the wireless channel using the parameter. The parameter can include, for example, the mean square error (MSE) or the bias of the equalizer output. The accuracy of the SINR estimate according to this aspect of the present invention is thereby improved (as compared to a SINR estimate based on parameters calculated during the pilot interval) because the adaptive equalizer is not overfit to the control or data portions of the frame.